

## Your Partner

### FROM PREGNANCY TO PARENTHOOD

Welcome Baby: Road to Resilience (WB:R2R) is here to help you feel supported and empowered during pregnancy and parenthood. Our program offers Yolo County families coaching and resources to give your baby a healthy start.

### FREQUENTLY ASKED QUESTIONS

#### Does it cost anything to participate?

No, Welcome Baby:R2R is completely free and voluntary.

#### Who is eligible?

Families living in Yolo County who are pregnant or parenting a child under the age of two.

#### What languages do you serve?

English, Spanish, and translation services for other languages.

#### Does Welcome Baby:R2R replace a doctor's visit?

No, Welcome Baby:R2R is an additional support that serves you in your home and helps you connect to medical and community resources.

#### Can other family members be at my visit?

Yes, fathers, partners, grandparents, other children are all welcome to be present.

#### What if I or a family member is undocumented?

We will never ask or report immigration status.







**Welcome Baby**  
ROAD TO RESILIENCE

You don't have to do it all alone.  
Join us and let's build a resilient, healthy future for your family together!

#### How to Enroll:

Your provider or birthing hospital will refer you OR you can self refer at [first5yolo.org/welcomebaby](https://first5yolo.org/welcomebaby)

#### For more information, visit:

-  [first5yolo.org/welcomebaby](https://first5yolo.org/welcomebaby)
-  (916) 403-2905
-  [welcomebaby.r2r@communicareole.org](mailto:welcomebaby.r2r@communicareole.org)
-  500B Jefferson Blvd.,  
West Sacramento, CA 95605



## In-home Support During Pregnancy & Early Childhood FOR FAMILIES IN YOLO COUNTY



**Welcome Baby**  
ROAD TO RESILIENCE

## Why Get Involved

Over 70% of mothers face difficulty with breastfeeding, our lactation-certified nurses will help you establish feeding routines and increase your confidence.

Parenting can be stressful, we offer emotional support and connect you to services when you need it.

Many families are not aware of all the resources available to them. Our staff make getting connected to these resources as simple as possible and address any barriers.

Our nurses can address postpartum health concerns and get you connected quickly to medical services if necessary.



## Our Services



**Postpartum medical check from a Registered Nurse**



**Free Mom and baby supplies**



**Breastfeeding support and referrals**



**Parent and health education**



**Connection to community resources**



**Help scheduling appointments**



**One-on-one parent support**



**Emotional support and tools to manage stress**



**Home visits during pregnancy and early childhood**

## What Families are Saying



*This has already changed my life. Thank you so much for coming to see me.*

*Out of every professional that I've worked with since the age of 9 or 10, I think that [my home visitor] has made more impact with me in only the 4 or 5 times that I've met with her, she has gone above and beyond*

*This program helped me to feel supported and confident that I am trying my best and there are resources to help me.*

*[My home visitor] is a really good care giver. Thank you so much for connecting her with me. I'm very happy with her. Any questions I have she answers. She has helped me with a lot. She guides me with everything.*

## The Benefits

- ♥ Skilled parenting
- ♥ Emotional support when they needed it
- ♥ Breastfed for longer and more confident
- ♥ Avoided postpartum and newborn health complications